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Wednesday, June 19, 2019 metro.us | t: MetroBOS | f: MetroBoston

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Trump re-election campaign kicks off in battleground Florida

Former House Speaker Newt Gingrich says a strong economy can help the president get re-elected.

President Donald Trump on Tuesday formally launched what may be an uphill battle to persuade voters to give him four more years in office, as he bets a strong U.S. economy will outweigh voter concerns about his unorthodox style and polarizing policies.

At an evening rally in Orlando, Florida, Trump, who has long made it known he is running for re-election, began making his case with gusto for a second term.

The Trump of 2020 most certainly will bear a strong resemblance to the Trump of 2016 — brash and eager to bash opponents and promote tough policies on trade and immigration.

Two-and-a-half years into his tenure, Trump sees plenty of positive factors, led by a growing economy with low unemployment.

"If the economy stays strong, he is very likely to get re-elected," said Trump confidant Newt Gingrich, a former Republican speaker of the U.S. House of Representatives.

But the aftermath of an investigation into Russian interference in the 2016 election, coupled with a presidential style marked by name-calling and eye-popping tweets, has undermined some Americans' confidence in Trump ahead of the November 2020 election.

He also has stirred division with his hard-line policies on immigration, and unsettled business and farm groups with his use of tariffs in trade disputes with China and some allies.

Democrats cite a string of broken promises in Trump's first term, from lowering drug prices to closing corporate tax loopholes and stopping plant closures. In a media call on Tuesday, Democratic Party officials focused on his moves to weaken the signature health care law of his Democratic predecessor, Barack Obama, without providing an alternative.

REUTERS

"The thing that is working to our advantage is that this president now has a record to run on."

Democratic National Committee Chair Tom Perez

"The thing that is working to our advantage is that this president now has a record to run on," said Democratic National Committee Chairman Tom Perez.

POLLING CONCERNS

A Reuters/Ipsos poll on June 11 gave Trump a 40 percent job approval rating, compared with 57 percent who disapproved. Other opinion polls have shown him running consistently behind his main Democratic challengers, such as former Vice President Joe Biden, in key battleground states.

Republican strategists say the fundamentals favor Trump as he heads into his election but that he faces challenges given his bare-knuckled approach, which he refuses to temper.

"His support with his base is as strong as it's ever been for any Republican incumbent president. The challenge is adding to that and building the coalition he needs for re-election," said Republican strategist Ryan Williams, a former adviser to 2012 Republican nominee Mitt Romney. REUTERS

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Shanahan withdraws from defense sec. consideration

Acting U.S. Secretary of Defense Patrick Shanahan. REUTERS

Acting Defense Secretary Patrick Shanahan has withdrawn from consideration to head the U.S. military, President Donald Trump announced on Tuesday, stoking uncertainty about the leadership of the Pentagon at a moment of rising tension with Iran.

The decision comes amid reports of domestic violence in Shanahan's family, including between his ex-wife and his son and another account of violence between him and his ex-wife. The alleged incidents emerged as the FBI was conducting background checks ahead of a Senate confirmation hearing.

Trump said the secretary of the Army, Mark Esper, will be named as the new acting defense secretary. Esper, who is widely respected inside the Pentagon, had been considered a leading contender for the job if Shanahan was ultimately not confirmed.

But the decision, which Trump said owed to Shanahan's desire to spend more time with his family, promises to prolong what has already been the longest period without a confirmed secretary of defense. Shanahan was the longest official in history to serve as secretary of defense in only an acting capacity, according to Pentagon records.

Trump's critics had already questioned whether Shanahan, without Senate confirmation, had the power to stand up to Trump if he had a difference of opinion on military strategy, since his nomination could be withdrawn at any time.

The former Boeing executive did not have prior experience in national security matters before he was picked by then-Defense Secretary Jim Mattis to be his deputy. Shanahan had been in the job, in an acting capacity, since Mattis stepped down at the end of 2018 citing policy differences with Trump.

> **"Bad things can happen to good families ... and this is a tragedy, really."**
> Acting Defense Secretary Patrick Shanahan

Trump's announcement of Shanahan's decision came shortly after USA Today reported that the FBI had been examining a nine-year-old domestic dispute involving Shanahan and his then-wife as part of a background check for the job as Pentagon chief.

The newspaper reported that Shanahan said he "never laid a hand on" his former wife. But USA Today reported that both he and his wife had claimed they had been punched by the other.

The Washington Post reported a gruesome incident involving Shanahan's teenage son allegedly hitting his mother, Shanahan's ex-wife, with a baseball bat, leaving her unconscious, in a pool of blood.

"Bad things can happen to good families ... and this is a tragedy, really," Shanahan was quoted telling the Washington Post this week. He added the disclosure of the incident would "ruin my son's life."

Pentagon officials could not be immediately reached for comment about the domestic violence reports or about Trump's announcement.

A source familiar with the situation said Shanahan met Trump in the Oval Office on Tuesday morning, telling him that he wanted to step down. The source, speaking to Reuters on condition of anonymity, said the decision was 100 percent Shanahan's.

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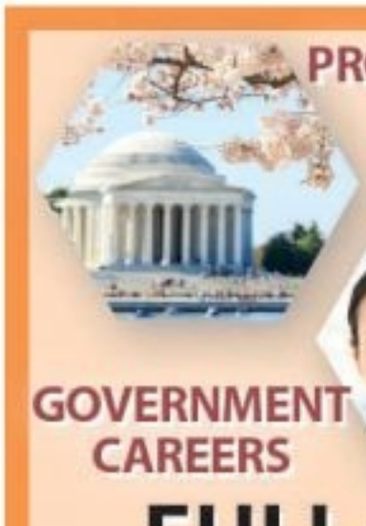

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HEALTH

E-cigarettes: The truth beyond the *boom*

ISTOCK

Metro investigated the debate on e-cigarettes, and the risks.

CATALINA FORERO, MWN
letters@metro.us

In recent years, the arrival of e-cigs has significantly changed the landscape of tobacco consumption in the world. First with vapers and later with the introduction of devices that heat tobacco, such as IQOS, a growing percentage of smokers have begun to migrate to these new technologies.

With organizations and users who consider the so-called reduced-risk products a key alternative to traditional smoking (as we have known it for the last century) and detractors who claim that these devices have the opposite impact — encouraging non-smokers to take on the habit — the truth is that these devices are revolutionizing the vision around this issue, which for decades has been the subject of debates and divided opinions.

Experts agree that nicotine, a component that occurs naturally in the tobacco plant, is addictive and poses a health risk. But it is not the main cause of smoking-related diseases.

"Nicotine alone is not particularly dangerous," the U.K.-based Royal College of Physicians states. "If it could be provided in an acceptable and effective way as a substitute for cigarettes, millions of lives could be saved."

This, based on studies that claim that the toxic compounds that are released from cigarette smoke caused by combustion are those that make the traditional cigarette more harmful.

"Cigarette combustion, more than tobacco or nicotine, is the cause of a public health disaster. The combustion process produces many toxic compounds not found in unburned tobacco," Jean-Francois Etter, professor of public health and Swiss leader in tobacco-control research, says.

While a conventional cigarette, which contains nicotine and substances such as tar, lead or arsenic, burns and produces this smoke that potentiates the effects of these harmful components, technologies used in devices such as vapers and e-cigarettes change this dynamic and use liquids (with flavors, another subject of debate) and heat, systems with which they seek, mainly, to eliminate combustion — and with this, 95 percent of the risk, according to studies — while the smoker is still given the dose of nicotine, key so that they can make a definitive change.

However, for Diana Rivera, director of the Ellen Riegner de Casas Foundation and expert in tobacco consumption, there is not much difference between the effects of these devices and conventional cigarettes.

"It is important to clarify that there is no safe way to consume tobacco. Whether in conventional cigarettes, e-cigs or with heating devices, none of these forms are safe," she says.

"[E-cigarettes] have the same effects as conventional cigarettes: They affect the lungs, the bronchial tubes, they affect the cells that are in the oral cavity.

"In the case of IQOS, which is a more recent product, there are not enough studies to calculate the effectiveness and risk for consumers."

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Friday, July 19	10:30 am – 2:30 pm	Nahant Beach,	Lynn, MA
Thursday, July 25	11:00 am – 3:00 pm	Carson Beach,	South Boston, MA
Monday, July 29	10:00 am – 2:00 pm	Nantasket Beach,	Hull, MA
Friday, August 9	10:00 am – 2:00 pm	Nahant Beach,	Lynn, MA
Wednesday, August 14	10:30 am – 2:30 pm	Wollaston Beach,	Quincy, MA
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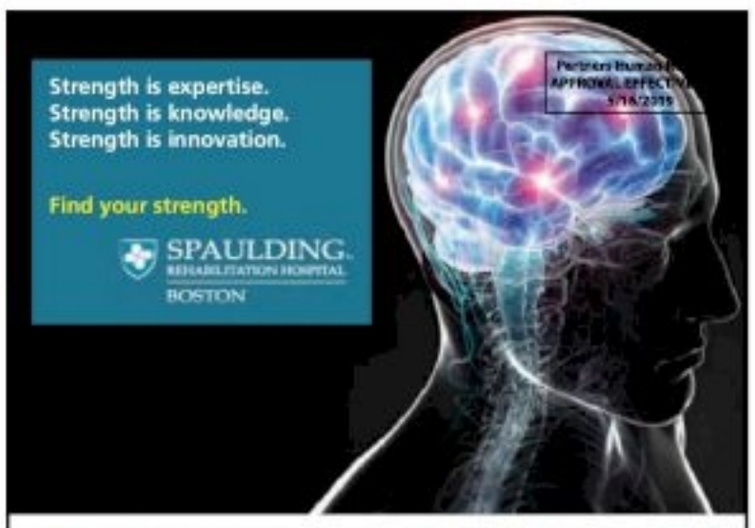

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4 MYTHS ABOUT SUGAR

By 2016, more than 1.9 billion adults 18 and over were overweight and 650 million of them were obese. Among the many causes are processed foods and bad eating habits, as well as a very controversial substance: sugar, found in several processed products as well as naturally in foods. But there are some myths that remain.

That is why, with the help of Dr. Maridriana Vitale, integrative nutrition health coach at the Institute for Integrative Nutrition in New York (IIN), Metro refutes some common beliefs. **LUZ LANCHEROS, MWN**

IF YOU STOP CONSUMING SUGAR COLD TURKEY, YOUR LIFE WILL IMMEDIATELY CHANGE

"The objective is to stop consuming sugar, but as an addictive substance if you radically cut it out you will suffer from withdrawal syndrome. So it is advisable to slowly start leaving it aside in a staggered manner and at the same time increase the intake of non-processed foods for the change to be gradual. Instead of a spoonful of sugar, start cutting down to half and then less, and less. If you cut it out completely, your food will seem tasteless. Taste buds are changed every 21 days and until a person does not cut down gradually and reeducate their palate, they will not get used to consuming less sugar. You have to have short goals and rely on people in your circle that are committed to improving your health to diminish sensations and keep temptation far."

IS SUGAR REALLY ADDICTIVE?

Although there are several studies on this debated issue, for the expert, it is indisputable: "There are many references or studies made with mice that are addicted to cocaine. When addicted, there is some activation of the reward center in the brain due to the release of dopamine levels. This happens in the reward area called the tegmental. These mice were then exposed to water with sucrose (white sugar). After four weeks, they had their water removed and were exposed to cocaine and water to see which they preferred. The mice preferred the water with sugar. This means that if a person receives an overstimulation of the reward center, their preference will be for this and will require more quantities of the substance to continue feeling that sensation. On the other hand, why are people not addicted to apples, for example? To celery? People are addicted to foods loaded with sugar and fat because there is palate stimulation."

REGULATIONS ON PRODUCT LABELS GUIDE THE CONSUMER TO INGEST LESS

"In my book 'Mom, No More Candy,' I explain what happens in the candy business, which includes the entire processed-food industry. There was evidence as early as the '60s and '70s that people were being harmed by these products that were producing cavities and chronic diseases such as cancer. But, unfortunately, several public health officials were manipulated and bribed and this investigation only recently came out," explains Vitale to Metro, who also mentions the site Sugar Science, which has compiled more than 8,000 papers on sugar. "The food industry manipulated public health officials to hide evidence, because the processed-food business is a very lucrative one. And there are strategies to sell it: Less product is placed in weight in regard to sugar, or the dose placed is a strategic amount to make a person addicted or for them to not perceive that there is sugar, becoming addicted and creating this bond with the product."

IS SUGAR NECESSARY IN OUR DIETS?

"White sugar is not necessary, as it has no nutritional value. There is confusion: There are macro- and micronutrients in the body. The macro ones are carbohydrates, proteins and fats. The micro are vitamins, minerals and trace elements. All are important in fair proportions.

What happens is that carbohydrates, from a biological point of view, are also called sugar and every food has them. What is sugar? Chemically, it is a group of substances that are in nature, but this is not refined sugar. Starch, for example, has joint glucose structures. And this is where people get confused. Sugar has no nutritional value, if we are talking about refined sugar. You can live and get natural sugars from fructose, which is a carbohydrate. But an apple and a banana will not stimulate the same as a processed food, which is full of chemicals and flavorings that give a special mix of pleasure when consumed."

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Cate Le Bon's patience pays off with *'Reward'*

ALL PHOTOS IVANA KLICKOVIC

The Welsh singer-songwriter discusses her mesmerizing new album.

PAT KING
patrick.king@metro.us

The relationship between an artist and their art can be as fraught and difficult as any. Chasing and harnessing a creative muse can take patience and introspection into the process in order to break new ground. That is exactly what Welsh singer-songwriter Cate Le Bon had to do to create her astounding new album "Reward."

In order to reach this point, Le Bon had chosen to leave behind her music completely and enroll in civic school for a year in northwest England's rural Lake District to study furniture building. While attending school full-time, she lived in a small cabin by herself and let the songs come to her without forcing the magic.

"The whole process was completely different and it's probably the most involved I've ever been in one of my records, which sounds ridiculous," says Le Bon over the phone. "I had taken some time off from music to readjust my relationship with it. I've been doing it for so long, I suppose, it's good to check in and check your motives and check whether you're invested in it, especially when you're asking other people to invest in it. In doing that and concentrating on something else, I went to civic school for a year, which was all-consuming and pretty intense. So music was at this kind of place where I could redefine my relationship with it in a really natural way and figure out what it was I love about making music what it was I didn't enjoy about it. What I wanted from it and what my motives were. So it was almost like making my first album on my own terms, but with that kind of knowledge and experience from having done it for so long."

Released in May, the resulting album finds Le Bon exploring an emotionally rich territory that the artist had yet to venture into in the past. Largely eschewing the tense and challenging art rock of such beloved albums as "Mug Museum" and "Crab Day," Le Bon introduces a lush palette of orchestral instruments to take the place of her signature guitar-playing, and with fewer intricate arrangements that let her confessional songs speak for themselves. In fact, the title of the record, "Reward," brings to mind exactly that: an artist in the midst of a creative breakthrough that will surely define all of the music that she will create from this point forward.

"The whole process was completely new but it was important to listen and allow the record to be itself as opposed to trying to crowbar something obtuse within it."
Cate Le Bon

"I was unaware that I was writing a record," Le Bon explains about the unexpected way these songs appeared. "I was taking time away from school or homework. I was living by myself in a really secluded part of the world and barely seeing anyone. The piano became really important and writing songs was a way of keeping myself somewhat sane. It was quite cathartic. The songs then existed for so long and were written with an awareness where they were just allowed to be the songs they were. ... The whole process was completely new but it was important to listen and allow the record to be itself as opposed to trying to crowbar something obtuse within it. Because that would just feel wrong."

The general lyrical themes of the record deal with life-changing heartbreak and the internal confusion found from that resulting isolation. "A day in the life, arranging the chairs, and I'm never gonna live it again," she sings mournfully on the standout single "Daylight Matters," concluding with the resolve, "Love you, but you're not here. I love you, but you've gone."

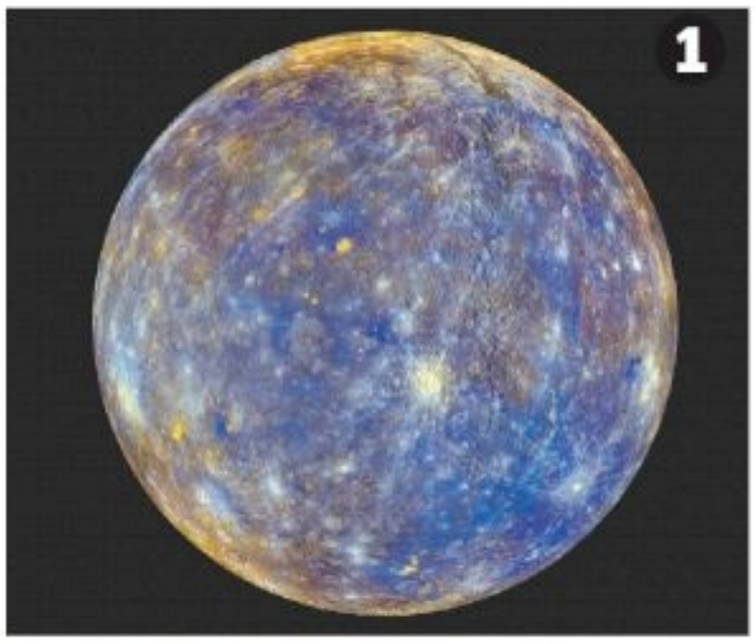
"I don't think I've ever been so open or personal," Le Bon says with a sigh. "I thought, 'that's okay.' That's what I needed to sing about and those are the words I needed to use. Similarly, it's pretty direct at times, lyrically, which is not something I would have been comfortable with."

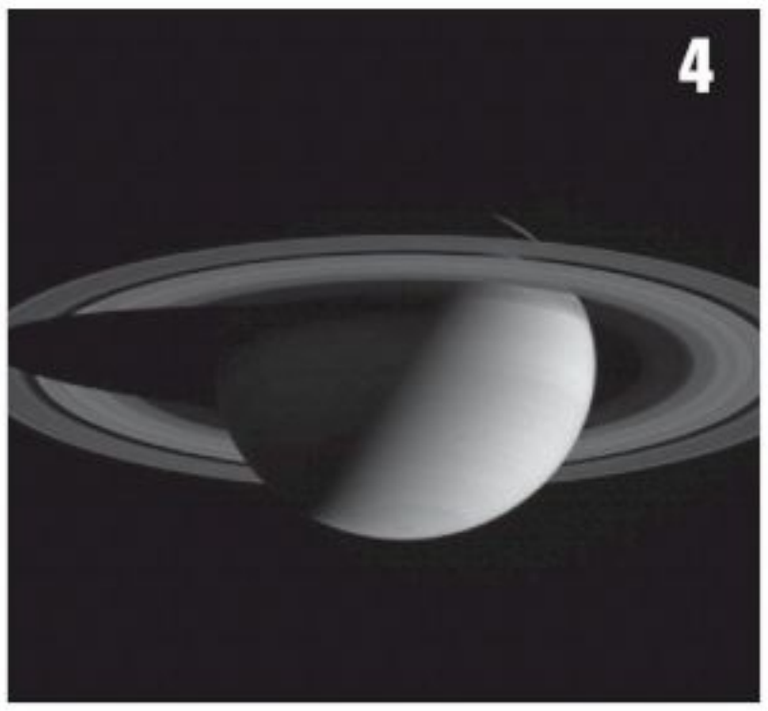
In touring the new album, Le Bon wants to put the songs first above all else, and will be on the road with the biggest band she has ever performed with. On the road, she will be relinquishing her duties on guitar to focus on staying as close to the material as possible while singing.

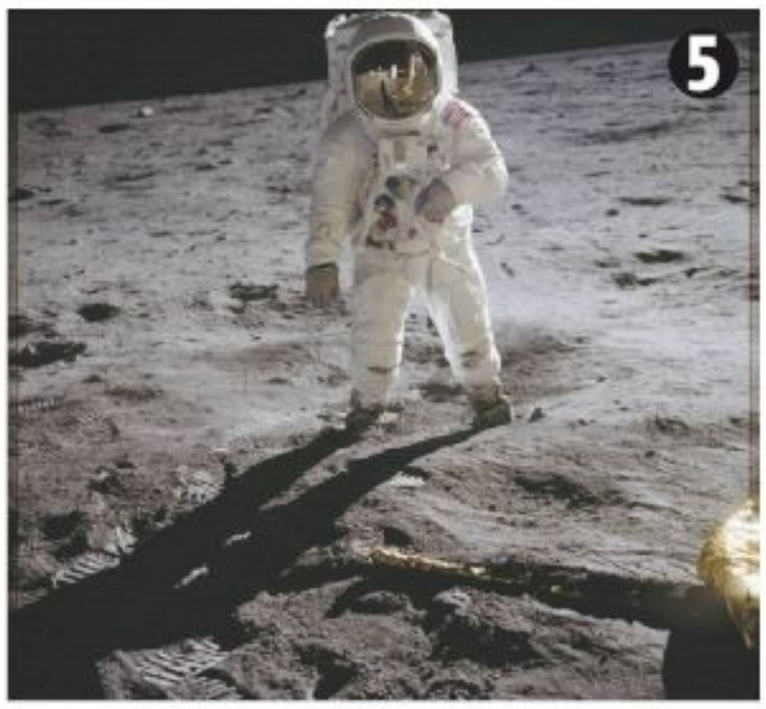
"I wanted to remove myself from playing guitar and I just wanted to sing the songs so that there was no disruption," she says. "I've had to increase the band and it just has the most wonderful and instrumental and beautiful people onstage with me. It's the happiest I've ever been playing music. Acknowledging that in playing music and going onstage, you're trying to translate something to somebody, and that needs to have an authenticity to that, too. It's been really nourishing and rewarding to share that with this incredible band."

Cate Le Bon will play ONCE Ballroom in Somerville Sunday, June 30.

The universe as you've never seen it before ...







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DOUBLE DARE LIVE!
DEC 14

• 1 Mercury in full color. NASA colored this photo to enhance the chemical, mineralogical and physical differences of the rocks that make up the surface of the planet closest to the sun.
• 2 The Hubble Telescope captured this majestic disk of stars and dust trails in the spiral galaxy dubbed NGC 2841.
• 3 A glimpse of the Orion Nebula, a place where stars are born. It is located 1,344 light years from Earth. The image was made by the Spitzer Space Telescope.
• 4 The most exotic planet in the solar system, Saturn, with its extraordinary rings.
• 5 Astronaut Edwin E. ("Buzz") Aldrin Jr., pilot of the lunar module Apollo 11, walks on the lunar surface. Astronaut Neil Armstrong took this photograph on July 20, 1969, the day man stepped onto the moon's surface for the first time.
• 6 The Andromeda Galaxy, our closest galactic neighbor. It is 2.5 million light years away.

NASA recently opened its private archive

containing photographs, videos and audio recordings to the public. The U.S. space agency decided to release the material through a new search engine on its website (images.nasa.gov), through which it is possible to filter the files by years and themes. The first images were made almost a century ago, in 1920. Most data has been taken from outer space (planets, stars, galaxies, etc.) and was obtained thanks to space missions and telescopes. Metro highlights some of the most impressive shots.

MARCOS CHUMPITAZ

SPORTS

Celtics with tons of options

A glance at several NBA Draft and trade options for the Celtics.

MATT BURKE
matthew.burke@metro.us

The Celtics didn't land Anthony Davis, but trade winds are still blowing out of Boston.

With three first-round draft picks in Thursday's draft (No. 14, No. 20 and No. 22), Danny Ainge likely won't use all of them — which makes the Celtics one of the more likely teams to swing a deal in the next 24 hours or so.

"Boston has a lot of options," ESPN's Adrian Wojnarowski said Monday night. "Again, three picks in Thursday's NBA Draft. I'm told that they don't want to have three rookies on the team. You can expect one, maybe two of those picks somewhere else."

Not coincidentally, one of those trade partners could be New Orleans. New Pelicans GM David Griffin has indicated that he is set to flip the No. 4 pick he received from the Lakers in the Davis trade. Vanderbilt guard Darius Garland is the player being selected most at the No. 4 spot in mock drafts and the Celtics are said to be a fan of his.

The Celtics are also high on incumbent Pelicans point guard Jrue Holiday and there have been murmurs that Holiday could be dealt away from New Orleans despite coming off a career season.

"They're sniffing around on [Holiday], though if I were them, I wouldn't have any sense of urgency to make a reactive move," ESPN's Zach Lowe said on his podcast.

As for which players in the actual draft the Celtics like, here are a few that there has been buzz around.

The Celtics will likely have several shots at drafting Oregon big man Bol Bol. GETTY IMAGES

Brandon Clarke, PF, Gonzaga: Clarke is no project and plays like a veteran. He could be a key role player on the Celtics as soon as next season.

Kevin Porter, SF, USC: Porter has outstanding upside as he is still just 18 years old. He models his game after James Harden and you can see it as he has a strong step-back jumper. Porter's decision-making when shooting and passing was often an issue in his lone season at USC, however.

Bol Bol, C, Oregon: Ainge played against Bol's famed father, Manute, and there have been hints in recent months that the Celtics' boss likes the big man's game. Bol Bol is 7 feet 2 inches but can drain the outside shot. His best-case scenario comp in regards to his game is Mavericks forward Kristaps Porzingis.

LEGAL NOTICES

NOTICE OF PUBLIC SALE

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1002 - Apolinario, Maria; 1011 - Springer, Dana; 1055 - Bolder, Christjana; 1056 - Arnold, Bryan; 1061 - Garcia, Tatiana; 1092 - Lee, Lawrence; 1118 - SOUZA, LAURIE; 1123 - Pierre-Montpoint, Emily; 1133 - Jean, Ursula; 2021 - FERNANDES, SELMA; 2045 - Bennett, Dillon; 2064 - Cruz, Cristobal; 2077 - Pierre-Montpoint, Emily; 2129 - Meyer, Mary Margaret; 2143 - Jihad, Nafisa; 2169 - Turner, Carmen; 2207 - Bodase, Richard; 2267 - Cocchi, Claire; 3003 - Case, Amirah; 3038 - Collier, Judy; 3043 - Buggs, Michael; 3072 - Donnevil, Juliani; 3121 - Singleton, Brittani; 3122 - Bumbaca, Jesse; 3160 - Papageorgiou, Angela; 3172 - Deslorlarm, Angela; 3247 - Vega, Marelyn; 3282 - Dulgala, Mayleni; 3284 - Ribeiro, Sonia; 4042 - Kathleen, Carmody; 4047 - Pereira, Dagoni; 4054 - Lubanski, John; 4060 - Barros, Nelson; 4093 - Garcia, George; 4117 - Symonds, Jane; 4121 - Tench, Denise; 4173 - Lima, Dennis; 4196 - Fortes, Antonio; 4215 - Torres, Brian; 4270 - Ibrahim, Mahyun; 4306 - Wilson, Chakeia; 4323 - Walker, William; 4333 - Bermeche, Edens; L81 - Sousa, Priscila; L82 - Semerino-lartigo, Luis

PUBLIC STORAGE # 29183, 650 Eastern Ave, Malden, MA 02148, (781) 385-8430 • Time: 09:00 AM

A1014 - Mac Nutt, Anthony; A1020 - Lane, Victoria; A1056 - Bloom, David; A1067 - Brophy Long, Carol; A1102 - Nazaire, Magalie; A1107 - Scolaro, Gayle; A1114 - Joseph, Jennifer; A1121 - Ferrell, Rachel; A1122 - Milhem, Heidi; A1130 - DLeary, Carol Anne; A1130 - Capehart, John; A1150 - Swanches, Farah; A1158 - Bethea, Lorraine; A1191 - Viglione, Joseph; A1198 - Castillo, Susana; A1238 - Rios, Rebekkah; A1256 - Maloney Jacqueline; A1262 - Seha, Jacques; A1270 - Maloney, Jacqueline; A1270 - Diallo, Mamadou; A1284 - Sallant, Igor; A2001 - Mclean, Kenneth; A2005 - Montano, Ruth; A2032 - Harris, Marcus; A2048 - Donati, Sondra; A2067 - Melicia, Jones; A2087 - Loftis, Sheila; A2091 - Smith, Sandra; A2099 - Wallace, Teresa; A2103 - Fuller, Sabina; A2115 - Baines, James; A2125 - Martins, Ben; A2136 - Abel, Lawagem; A2151 - Hall, Charles; A2163 - Burke, Gregory; A2187 - Earle, Peterson; A2204 - Morris, Zack; A2227 - Bethea, Leah; A2231 - Julien, Gwenithe; A2237 - Barbas, Christine; A2239 - Kamzon, Judney; A2247 - Smith, James; A2266 - St-Louis, Pierre; A2273 - Ducharme, Christina; A2307 - Heredia, Julio; A2313 - Sullivan, Kimberly; A2331 - Martins, Dean; A2337 - Carmenaty, Alberto; A2338 - Antoniuos, Khalid; A2379 - Sanchez, Edgar; A2382 - Elia, Paula; A2393 - Amaral, Flavia; A2400 - Palacios, Estephany

PUBLIC STORAGE # 23427, 195 Ward Street, Revere, MA 02151, (781) 236-3429 • Time: 09:00 AM

0001 - Dannizzaro, Shawn; 0002 - Amaro, Joseph; 0005 - Tilos, Dimas; 0033 - Faiella, Matt; 0056 - David, Jerry; 0103 - David, Jerry; 0108 - Zimmer, Darlene; 0130 - Penta, Tony; 0139 - Machado, Dhiane; 0151 - Stodworth, Charlene; 0153 - Mexsia, Alana; 0157 - Vasquez, Leon; 0167 - Pepi, Gerald; 0182 - Zimmer, Darlene; 0191 - Clarke, Kelly; 0237 - Pepi, Gerald; 0258 - Consolo, Michelle; 0260 - Mickey, Sheila; 0281 - Flores, Brenda; 0300 - Pepi, Gerald; 0310 - Bainbridge, Alyssa; 0318 - Cardinella, Lawrence; 0344 - Rose, Tayla; 0353 - Torres, Nestor; 0364 - Riley, Adrian; 0380 - Jones, Kevin; 0321 - Bushkan, Gay; 0405 - Vargas, Hector; 0413 - Ramos, Rose; 0424 - Correale, Joseph; 0432 - Santos, Victor; 0453 - Ramos, Alex; 0456 - Arruda, Michael; 0469 - Kenny, Patrick; 0484 - Diconza, Darrin; 0485 - Bissett, Henrique; 0489 - VALDES, SANTTO; 0505 - De Oliveira, Gislane; 0509 - Nixon, Joseph; 0514 - Frers, Stephanie; 0527 - Dandrow Jr, Edward; 0525 - Vargus, Lynda; 0594 - Velez, Amanda; 0642 - Campagnone, William; 0644 - Bolan, Richard

PUBLIC STORAGE # 26831, 595 Lynnway, Lynn, MA 01905, (781) 469-0236 • Time: 09:00 AM

023 - Gasserra, Allegra; 042 - Thistle Jr., Harwood; 044 - San, Nary; 052 - Peters, Rebecca; 058 - DeOliveira, Valdeir; 063 - Subota, Yarmilla; 080 - Colon-Reyes, Kelvins; 096 - Portes, Constance; 093 - Pina, Joyce; 120 - Picard-Brown, Chantel; 128 - Hicks, Curtis; 132 - Martin, Melvin; 138 - Iacovello, Steven; 147 - Rodriguez, William; 170 - Soles, Michael; 215 - Calderon, Steeven; 241 - Hahnen, Amy; 248 - Boyd, Henry; 297 - Zarantos, Sheila; 311 - Alano, Agnes; 356 - Flores, Reina; 361 - Tow, Roberto; 382 - Morrison, Sara; 407 - Wigfall, Jared; 408 - Vicenho, Gaetan; 410 - Boyd, Brittany; 415 - Baker Jr, Paul; 421 - Jackson, L E; 449 - Lamour, Michelle; 480 - Gaye, Nathaniel; 487 - Thomas Jr., Elijah; 502 - Ballard, Michelle; 513 - Rath, Lisa; 544 - Pollard, Kristie; 575 - Fernald-Montello, Doyes; 587 - Bergeron, Lynelle; 590 - Hope, Yvette; 623 - Garcesa, Kevin; 630 - Johnson, Darrell; 639 - Baez Jr, Julio; 640 - Oregon, Brendan; 661 - Alexander, David; 679 - Debnam, Patrice; 713 - Polanco, Leah; 714 - NEWTON, Helen; 716 - Silva, Maribel; 720 - Stall, Robyn; 723 - Weiss, Jessyca; 727 - Williams, Catrice; 729 - Elias, Helen; 736 - Toro, Dawn

PUBLIC STORAGE # 29172, 233 Newbury Street, Danvers, MA 01923, (978) 237-5628 • Time: 09:00 AM

A1009 - Miami, Andrea; A1040 - Asela, Hilarie; A1057 - Anastopoulos, Cassandra; A2034 - Apse Yon, David; A2065 - Cranford, Douglas; A2087 - Ponzon, Kristina; A2096 - Ciampa, Craig; A2113 - Milano, Andrew; A2155 - Gilbert, Rebecca; A2196 - Kolyer, Daria; A2198 - Terry, Kendra; A2199 - Heath, Shane; B010 - Maciaz, Ahmet; B012 - DEJESUS, RENE; B016 - Klimowicz, Kat; B050 - Webb Transportation Services, LLC Webb, John; B070 - Rodriguez, Alex; B073 - Lockhart, John; B097 - Lisbon, Dan; C026 - Lefevre, Thomas

PUBLIC STORAGE # 29192, 12 Goodhue Street, Salem, MA 01970, (978) 254-4079 • Time: 09:00 AM

1003 - Medeiros, Rolanda; 1007 - Feliz-Cuello, Dawn; 1012 - Palomo, Liliana; 1021 - Arnold, Prince; 1024 - Ferrer, Ada; 1067 - Arnold, Juliana; 1079 - Willis, James; 1082 - Williams, Krysten; 1087 - Gurley, Michael; 1102 - Cronin, Jessica; 1111 - Jerome, Nicole; 1114 - Bassett, Stephen; 1177 - Almquist, Brian; 1183 - Espinosa, Rafael; 1194 - Minkin, Bradley; 2003 - Dow, Craig; 2016 - Donnelly, Allison; 2047 - Drader, Simon; 2073 - Grange, Todd; 2089 - Bacos, Brian; 2096 - Mella, Luis; 2100 - Boadnidge, Steven; 2117 - Akeley, Carol; 2122 - Rochford, Matthew; 2125 - Clifford, Anna; 2146 - Farnham, Scott; 2153 - Wise, Tanya; 2197 - Kelleher, Winifred; 2207 - Richardson, Michelle; 2233 - Labrasseur, Ronald; 2234 - Quintero, Fabio; 3041 - Lodge Jr, Michael Warren; 3042 - Zaccaro, Meryl; 3110 - Mukeba, Jeanvil; 3186 - Shahriar, Jimahwed; 3233 - Burke, Cecelia; 3236 - Hill, Joan; 3260 - Thyne, Kerry; 3269 - Correa, Juan; 3282 - Brown, Thomas; 3289 - Womack, Tameisha; 3295 - Mcleod, William

PUBLIC STORAGE # 21509, 240 Newbury Street, Peabody, MA 01960, (978) 254-4580 • Time: 09:00 AM

5040 - Hatch, Brian; 5084 - Morse, Zulma; 5103 - Morrissey, Peter; 5125 - Britton, Curtis; 5205 - Quinn, Robert; 5212 - Stevens, Michelle; 5275 - Perkins, Cynthia; 5294 - Riley, Serena; 0031 - Martin, Kimberly; 0006 - Martin, Kimberly; 0067 - Feraji, Jessica; 0139 - SURETTE-LEIGHTON, STACEE; 0150 - Pera, Daniel; 0155 - Defresco, Justin; 0195 - Mclean, Kelsea; 0285 - Cronin, Kristin

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Probate and Family Court

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This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Brian J. Dunn, First Justice of this Court.

Date: June 04, 2019

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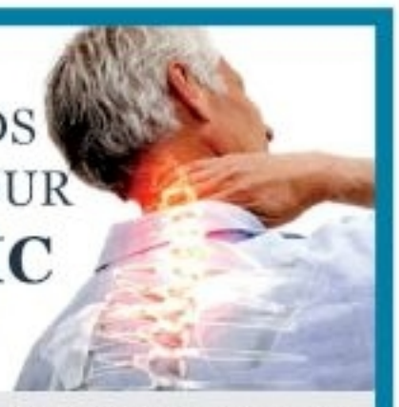

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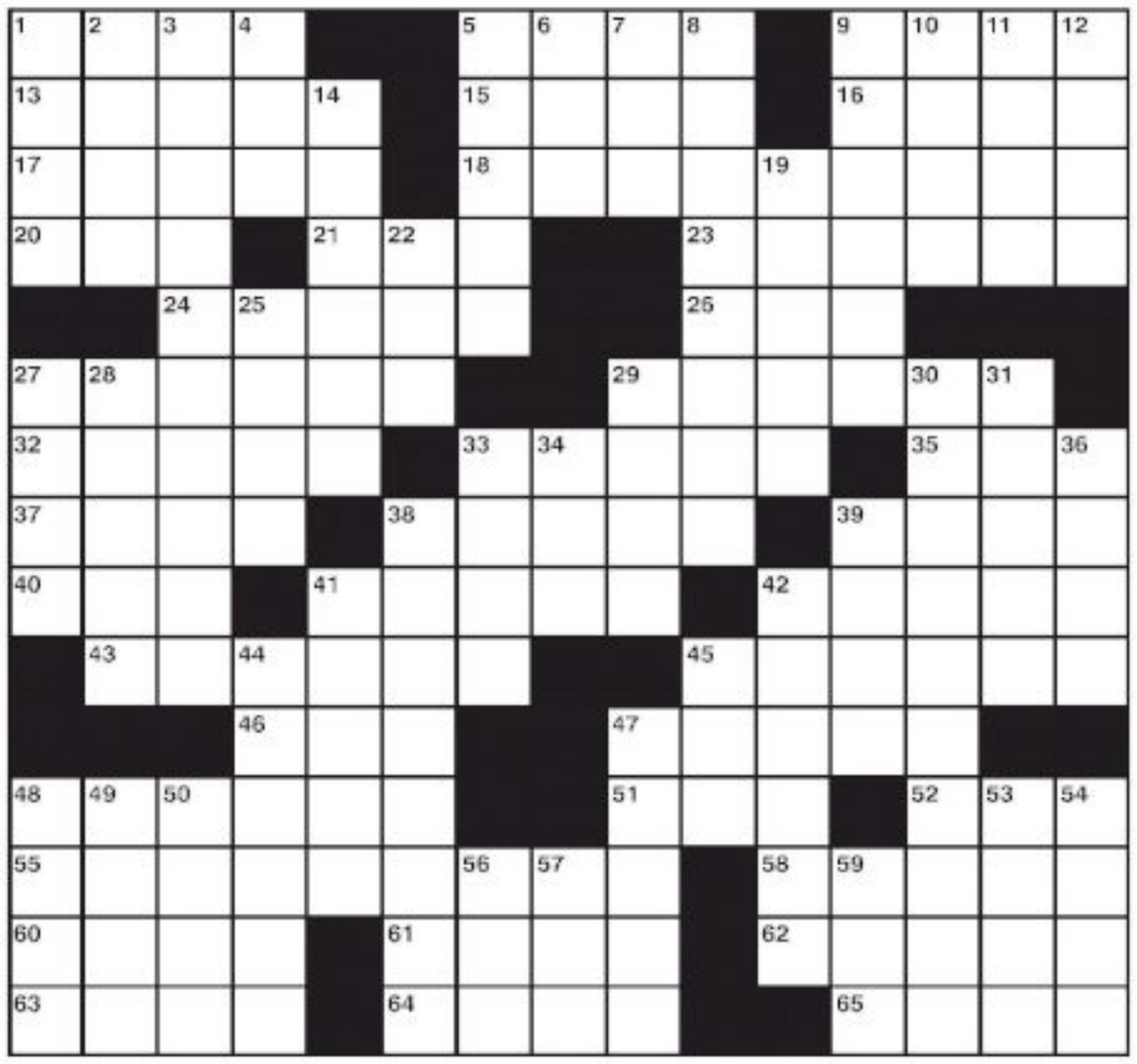
20 "Wow!"
21 Saloon
23 Licorice sticks
24 Gets closer to
26 Fleur-de-__
27 Spin
29 Champion
32 Sudden & sharp, as pain
33 Complain childishly
35 Soft drink
37 Tiny veggies
38 Antler feature
39 __ on; incite
40 Tit for __
41 Battle
42 Zodiac sign
43 Isaac or Wayne
45 Free-for-alls
46 Coop dweller
47 Slacks
48 1 of 13 on the U.S. flag
51 Recipe verb
52 Plant
55 Mentor
58 Popeye's love
60 Chief Norse deity
61 Watercraft
62 Fray
63 Actor Randall
64 Fluctuate
65 Repair

DOWN
1 __ as a bug in a rug
2 Forest tree
3 Emphasize
4 __ Aviv
5 Ship poles
6 Auto
7 Actress MacGraw
8 Baby bird
9 Self-centered person
10 Plenty
11 Sweet creamy drink
12 Bullring shouts
14 Partial refund
19 Once and again
22 TV's "The Kids __ Alright"
25 Polishes off
27 Engrossed
28 Body of water
29 Grape bearer
30 Tyrannical
31 Baton __, LA
33 Songbird
34 Road __; inconsiderate driver
36 Experts
38 Covered wagon travelers
39 Sandy residue
41 __ down; resigns one's post
42 Peddler
44 Neigh softly
45 Crazy
47 Shindig
48 Dumfries resident
49 Hustle & bustle
50 Wreck
53 Dutch __
54 Actress Tuesday
56 Regulation
57 "Scent __ Woman"; Al Pacino film
59 On the __; fleeing



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Aries Ignore anyone who gives you a hard time. Your focus should be on your responsibilities and living up to your promises. Diplomacy will work in your favor.

Taurus If you connect with an old friend or colleague, you'll be offered valuable information. Take time to digest what you find out and mull over what you should do next.

Gemini Visualize what you want, consider what it will take to reach your goal, and put a practical plan in place. Maintain a steady pace, an open mind and a strong work ethic.

Cancer A proactive approach will help you get your way. Use your intelligence and connections to convince others to follow your lead. Walk away from extravagant people and situations.

Leo Take the initiative and check out a health fad that's worked well for someone you look up to. With a little effort and discipline, you can obtain the appearance and healthy look you desire.

Virgo An energetic approach will help you meet any challenge that comes your way. Events that involve older or younger people in your life will highlight your day. Take advantage of a sale.

Libra Don't let someone's insensitivity get to you. Focus on family dynamics. Listen to complaints and look for solutions. Make adjustments to your living arrangements. Offer peace and love.

Scorpio Make plans and follow through with them. The help you need and the chance to try something different will fall into place. A transformation at home will help you get things done.

Sagittarius Concentrate on personal relationships, a makeover or novel ways to use your skills, talents and knowledge. Refuse to let anyone meddle in your affairs. Romance is highlighted, and honesty is essential.

Capricorn Speak up about the way you feel, and then get on with your day. Much can be accomplished if you have a plan in place and the support you need.

Aquarius Nothing will be as it appears today. Don't pass up an opportunity that could lead to extra cash. Put items you no longer use up for sale.

Pisces If you attend an event, you'll meet someone who shares your concerns. Don't be timid. If you see something or someone who interests you, take the initiative to investigate further. EUGENIA LAST

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